

# EXPERT GIVES MARKET GUIDE FOR HOUSEWIVES

Culinary Expert Tells What Foods to Buy for the Week-End.

By MRS. ANNA B. SCOTT.

(Culinary Expert of the Philadelphia North American.)

In the market list for this week-end, I have included one and one-half pounds of rolled brisket for Monday's dinner. Put this in an earthen bowl, cover it with the following mixture of vinegar and spices: three-fourths cup of vinegar, three-fourths cup of water, one tablespoon sugar, one teaspoon salt, one bay leaf, one medium-sized cut onion, six or eight cloves, six or eight allspices, a small piece of stick of cinnamon and let it stand until Monday.

Later I will tell you how to cook this meat so it will be very tender.

One word with regard to the raisin bread, which appears on the menu for Sunday breakfast. Have you ever tried toasting raisin bread? If you haven't, try it. It is good for breakfast, luncheon and very dainty with the afternoon cup of tea. It should be cut thin with a sharp knife, toasted very slowly and served warm. It is good with or without butter. Whole wheat or bran raisin bread is considered better than the white.

The following recipes are for a family of four persons, two adults and two children.

All spoon measurements are rounded unless otherwise stated. (Two level spoonfuls equal one rounding.)

**Staples for the Week.**

One pound coffee.

Four pounds sugar.

Two pounds rice.

One-half pound cocoa.

One can syrup.

One can grated coconut.

Two dozen eggs.

One pound butter.

**Truck Until Tuesday.**

One-half peck white potatoes.

One-half dozen ears corn.

One-fourth peck lima beans.

One-fourth peck yellow tomatoes.

Lettuce.

Two green peppers.

Parsley.

One quart onions.

**Meat Until Tuesday.**

One pound soup meat.

One pound boiled tripe.

One pound veal cutlet.

One and one-half pounds boneless brisket for Monday's dinner.

**Fruit Until Tuesday.**

One-fourth peck apples.

One-fourth peck peaches.

One basket grapes.

**SATURDAY.**

**DINNER.**

Pepper Pot Soup.

Corn Pudding.

Apple Sauce Cake.

Coffee.

**SUNDAY.**

**BREAKFAST.**

Sliced Peaches.

Boiled Rice.

Flapjack or Pancakes with Syrup.

Raisin Bread.

Coffee or Cocoa.

**DINNER.**

Baked Roiled Veal Cutlet.

Brown Gravy.

Mashed Potatoes.

Lima Beans.

Yellow Tomato Salad.

Watermelon.

**SUPPER.**

Mixed Meat and Potato Salad.

Coconut Biscuit.

Eggs and Butterless Cookies.

Grapes.

Milk or Tea.

Pepper Pot Soup.

One pound shin.

One pound boiled tripe.

Two cups diced potatoes.

One cup diced dumplings.

Two tablespoons finely cut onion.

Two tablespoons finely cut carrot.

One chopped parsley.

One teaspoon salt.

One-half teaspoon white pepper.

One teaspoon sweet margarine.

Put the meat on to boil in four quarts water; when tender remove and add the tripe, onions, carrots and potatoes; boil one and one-half hours; then add the dumplings, salt, parsley and parsley; boil fifteen minutes; then add the sweet margarine.

**Dumplings.**

One-half cup flour.

One-half teaspoon baking powder.

Pinch of salt.

One-fourth cup cold milk.

Sift the flour, baking powder and salt into bowl; add the cold milk and mix. Dust bakingboard with flour; place the dough on and roll out one-fourth inch thick; then cut into one-fourth inch squares; add to the soup.

**Apple Sauce Cake.**

One cup apple sauce.

One-half cup shortening.

Pinch of salt.

One teaspoon cinnamon.

One teaspoon cinnamon.

One cup sugar.

Two cups flour.

Cream shortening and sugar; add the apple sauce, into which has been mixed the baking soda; add salt and cinnamon and beat well; add the sifted flour. Bake in layers in moderate oven twenty-five minutes. Put together with apple sauce. Chopped seeded raisins may be added.

**Baker Roll Veal Cutlet.**

One veal cutlet, cut very thin.

One tablespoon flour.

One tablespoon butter.

One tablespoon chopped parsley.

Two tablespoons bread crumbs.

One-half teaspoon salt.

One-fourth teaspoon white pepper.

Two teaspoons butter.

One teaspoon drippings.

Trim outer edge of meat and remove small bone. Spread on board or platter, rub the grated onion over, dust with the salt and pepper, cover with bread crumbs and parsley; roll and tie in four or five places. Dust with flour and one teaspoon butter, put in deep pan with one-half cup hot water. When the water has boiled away, add one-half cupful; cover; roast one hour. Put the trimmings of the cutlet in two cups cold water, one bayleaf, one tablespoon chopped onion, dash salt, red pepper and boil three-fourths of an hour; strain; add one teaspoon butter and one teaspoon flour rubbed together; boil two minutes; add one teaspoon caramel. Strain and pour over the meat.

**Yellow Tomato Salad.**

One quart tomatoes.

Two cups shredded lettuce.

One cup salad dressing.

One-half cup finely cut green pepper.

Pour boiling water over the tomatoes; let them stand a few moments; drain and skin. Serve six or eight whole ones on shredded lettuce. Cover with dressing; sprinkle with green pepper.

**Mixed Meat and Potatoes.**

One cup of boiled soup beef.

Four cups cold boiled potatoes.

One-fourth cup finely cut onions.

One-half cup salad dressing.

Two cups shredded lettuce.

One teaspoon salt.

The beef was boiled Saturday for stock to make the pepper pot. Potatoes are boiled with dinner and taken out before mashing. When cold cut in very small dice. The meat is put through the food chopper (coarse knife). Put potatoes, meat and other ingredients in bowl; mix well. Line deep plate with lettuce and put the mixed salad on top. Garnish with four yellow tomatoes cut in half.

**Coconut Biscuit.**

One can of fresh grated coconut.

Two cups flour.

Two teaspoons baking powder.

One-fourth teaspoon salt.

One tablespoon shortening.

One tablespoon sugar.

One-half cup coconut milk.

Sift flour, baking powder, salt and sugar into bowl; add shortening and rub in very lightly with tips of fingers; add coconut, which has been pressed dry in potato ricer, fruit press or wire strainer, saving three tablespoons to sprinkle over top. Add coconut milk to make dough. Place on floured board and pat one inch thick, cut with biscuit cutter; brush tops with coconut milk and sprinkle with coconut. Bake in hot oven twelve to fifteen minutes. This makes twenty good-sized biscuits. They are exceptionally good.

**Eggs and Butterless Cookies.**

One-half cup shortening.

One cup brown sugar.

One cup New Orleans molasses.

One teaspoon baking soda.

Four cups flour.

Mix the sugar, shortening and molasses until smooth and creamy; then add the baking soda, dissolved in two tablespoons boiling water; mix well and add the sifted flour. Turn out on bakingboard; roll thin and cut into fancy shapes. If more flour is needed, add. Bake ten minutes in hot oven on floured pans.

**Bank Room with Flowers.**

Each day they banked the room with fresh flowers. Each day they sat with hands clenched and with heads bowed. Finally she sank into an easy slumber. And she did not wake again.

"We were married seven years," said Ericsson. "I gave her a splendid home, but she didn't seem to care for it. She left me, and I was forced to get a divorce. She married Ruggles shortly afterward. And then she met misfortune. She seemed unable to make herself understood. Ruggles said he was unable to provide a home for her."

**Harmony Efforts Fail.**

It was said Mrs. Ruggles tried to bring about a reconciliation, but to no effect. Ericsson even attempted to use his good offices. On Wednesday, Mrs. Ruggles asked her husband to take her to dinner. They went to the Blinnard garden and dined and danced. When he took her to the room he had engaged for her at 825 Grace street, she said:

"If I telephone you, it will be the last call you will get from me."

It was the last.

**Hotel Guests Return Loot.**

WASHINGTON, Oct. 7.—Hotel managers in cities throughout the country, Washington included, are beginning to be amazed over the fact that the American public seems to be becoming widely conscience-stricken and slowly but steadily returning, without explanation, numerous articles missed immediately after their departure from the better classes of hostlers. This outbreak of remorse, according to one prominent Washington manager, may be a belated derivative of the now famous United States treasury "conscience fund," but though the managers appreciate the unexpected millennium—that is to say, the giving up of already won spoils—they are in hopes that it will not be carried to extremes.

"Why, if everything that has been taken from this hotel," said one Washington manager yesterday, "was to be returned, we would have to turn the lobby and the larger part of the hotel into storage rooms. Figure it out for yourself. This hotel has been operating for nearly twenty years."

**Loss \$10,000 a Year.**

"Our loss in each of these years has been approximately \$10,000 in table silverware, room linen, room extras, such as curling irons, electric fans and boudoir necessities."

"Can you see where we could possibly put all of this stuff? Each year we have to replenish our stock of articles to cover the expected shortage, and we always expect an increase each year in the number of articles taken."

This same hotel manager within the last two weeks has received more than fifty separate packages from different places in the United States and Canada containing articles supposed to have been taken away from the hotel by guests.

These packages contained nearly 200 pieces of hotel property, but not a single package carried a line of explanation or a clue that would disclose the identity of the sender.

**Two Return Hotel Blankets.**

This is true also of every other large hotel in Washington. The manager of another hotel recently was surprised to receive by parcel post two large packages that carried not a single mark of identification on the outside, or on the inside, as to the sender.

For experiments with a model airplane a Frenchman mounted the wings and tail of a crow on a wire frame.

Visit of Hughes Said to Have Swung the State Over to the Republicans.

INDIANAPOLIS, Ind., Oct. 7.—Unless the Democratic state organization regains its punch, and does so rapidly, it is hard to understand how anything will head off a Republican victory in Indiana. It is no misstatement of fact to say that the Democrats are "in the dumps" and the proceedings of the last week have not helped any.

Close observation of the speech delivered by Charles E. Hughes, Grand Old Party candidate, in Indianapolis to probably the largest audience that ever assembled in the city for a political meeting served to determine to an extent what is most on the minds of the voters.

**Aroused Over Mexican Policy.**

Mr. Hughes made many points in his speech covering a wide range of subjects and received liberal applause. But the greatest outburst came when he discussed the Mexican question and declared he did not think it should be necessary to pull men away from their business and their offices to guard against a gang of bandits; also when he said that he would tolerate no officious interference with the affairs of another country such as was exemplified by President Wilson when he said Huerta must go.

For some reason the people of Indiana are greatly wrought up over the Mexican question and it needs only discussion to make it an important issue in the campaign.

**Labor Question Big Factor.**

The labor question also is one which is not cheering the Democrats. Every report that is received from a factory or other enterprise where laboring men are employed shows that there is a pretty equal division and in many instances the Republican ticket has the better of it.

This might not be so bad under ordinary conditions, but with the stand of the president in favor of the eight hour law it had been hoped that the indications from this quarter would be decidedly in favor of the Democrats.

In only one way it seems as the Democrats making any considerable progress and that is among the young voters.

**See Success of Watson.**

Even James E. Watson, who is admittedly the weakest candidate on the Republican ticket, has been making apparent success in his tour of the state and the Republicans are predicting now that the Republican ticket will go through straight.

The Indianapolis Hughes Business Men's league has been organized and similar work will be carried on all over the state, it is said. H. C. Atkins, a prominent manufacturer, is head of the organization in Indianapolis and H. C. Danner is secretary. Already a strong organization of the kind has been formed at Terre Haute.

It has been definitely announced that Mr. Hughes will return to Indiana for a second tour, during which he will cover the southern counties much as he did the northern part on the recent trip.

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## LOVE VIGIL ENDS AS WOMAN DIES

Two Husbands Watch and Silently by Her Bedside for Days.

CHICAGO, Oct. 7.—Two men who said they would "love, honor and cherish," sat at the bedside of Mrs. Anna Ericsson Ruggles in the German-American hospital and watched the dimming spark of her life slowly fade.

One of the men was Eric Ericsson, a Pullman school official, her former husband, whose love she had held too lightly. The other was Glen Ruggles, her husband, who held her love too lightly.

Last Wednesday Mrs. Ruggles telephoned Ruggles from her room at 825 Grace street to his room in the Kaiserhof hotel, and told him:

"I did it, Glenn."

**Speed to Her Bedside.**

When Ruggles, after a mad ride, reached her side she had swooned from the effects of a huge dose of slow poison. She was rushed to the German-American hospital. There was Ericsson. He, too, had received the death summons and had broken the speed laws to reach her side.

From Wednesday night until the time of her death the two men sat at her side and watched her life ebb away. Haggard, worn, and with nerves frayed by the need of sleep that would not come, Ruggles and Ericsson watched and waited. They did not speak. Most of the time the woman was conscious, but her vocal organs were paralyzed. She could only look pitifully into the eyes of the men who had been most of her life.

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Each package contained a blanket stamped with the name of the hotel.

This case, however, is given as an exception by the managers, as it is very seldom that such unwieldy things are returned, but hardly a day passes that does not bring forth a return of table silverware or small articles usually commandeered as "souvenirs."

Washington managers also are expressing concern over the still rapidly mounting cost of white paper. This, they say, is an article that is absolutely essential to the proper conduct of a hotel, and has to be provided, not only for the guests, but scores of persons who live elsewhere in the city, but invariably use the writing room and materials of the hotel. The manager of one hostelry asserted that it would be hard to tell which class he supplies the more paper—the guests or the others.

**HARVARD STUDENT COMES FROM THE WEST FOR \$10**

CAMBRIDGE, Mass., Oct. 7.—Richard B. Varnum, 21 years old, who is to enter this year's freshman class at Harvard, reached Boston from Oakland, Calif., having covered the trip by blind baggage and on engine tenders in nine days, nineteen hours and thirteen minutes. The trip cost him \$10 more than half of which was spent to obtain his release from a jail in Sandusky, O., where he spent two days. He was repeatedly thrown off trains on his way, being given a lift in only one instance, when a train crew in the West gave him a chance to work for his transportation. He was a telegrapher in police headquarters in Los Angeles. His parents are wealthy ranch owners in Idaho, but he prefers to work his way through college.

**Those Who Crowd Too Much Pleasure on Top of Work Face Certain Disaster.**

HARRISBURG, Pa., Oct. 7.—Not many persons work themselves to death. There may be popular ideas to the contrary, but State Health Commissioner Dixon says such impressions are erroneous. The trouble usually is a combination of too much pleasure piled on top of a lot of work.

Doctor Dixon makes these statements in "Living on Your Nerves," the subject of this week's "Little talk on health and hygiene," and warns those who go to a pell-mell pace that they'll strike a snag.

Doctor Dixon says:

"Do you live on your nerves? Possibly you do and boast of it as if it were something to be proud of."

"Despite ideas to the contrary few people ever work themselves to death. It is usually the combination of business and pleasure at a strenuous pace which does the damage."

"It is so easy to go a little further on your nerves when you know that physically you need rest and relaxation. There may be times of stress and strain when it is justifiable to exert every atom of endurance, but this is only under special circumstances. To practice it regularly in order to overcome one's days is certain to result disastrously."

"There is much in our modern life with its diversity of interests which tends to excite and irritate the nervous energy. We should make an effort to offset this as much as possible. One may find pleasure and diversion without rushing madly about under high pressure."

"People who live on their nerves until nervousness becomes chronic, find that it brings a train of evils, indigestion, worry, excitability, temper and restlessness, all great handicaps to efficient work and rational pleasure."

"The big weapons are designed primarily, officials believe, for use against land fortifications. The sixteen-inch guns to be put on the four American battleships for which bids will be opened next month, they declare, have a range sufficient to make them effective as far as an enemy can be seen, even under the most favorable circumstances."

For this reason they do not believe employment of larger and more unwieldy types would be practicable against the shifting targets of an open sea engagement, however advantageous they might be against land fortifications.

As a means of developing floating forts, however,